

FORGING THE FUTURE:



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Friday FACTS

20 January 2006

"Leadership, Partnership, and Championship"

Chief Naval Operations' (CNO) Message on Physical Fitness



The CNO's Newsclip on Physical Fitness, addressed to the fleet, is posted on the <http://www.navy.mil/> homepage. Take a look! This is great PR for fitness!

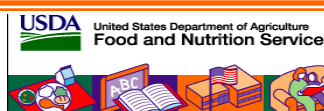
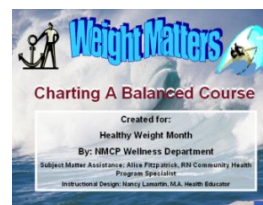
[Video Clip to Promote Local Crews Into Shape Challenge](#)

Looking for a video clip to use in promoting the Crews into Shape Challenge at your command? Click on the title above to view one that you can refer to which appeared on the Daily News Update.

Model Coordination of Stress Management Programs and Resources at Local Command

The Wellness Department at Naval Medical Center Portsmouth (NMCP) has developed and coordinated a comprehensive approach to stress management programming. The effort, led by Nancy LaMartin, NMCP Wellness Department, involved all of the major programs at the Naval Medical Center and the local and regional Fleet and Family Support Centers in the Hampton Roads, Virginia area. They compiled a list of all available awareness, education/motivation, and intervention level programs and services, identified gaps and duplications, and addressed these issues. Please see the list of Stress Management Resources on their web page, depicting this model approach to program and service coordination at: <http://www-nmcp.mar.med.navy.mil/Wellness/index.asp>

Consider how you might network with and coordinate the various helping groups and stress management resources in your locale based upon this model.



MyPyramid for Kids Classroom Materials Available

Educational materials developed at the elementary school level to help children learn the *MyPyramid* food guidance system is available for download from the USDA at: <http://teamnutrition.usda.gov/resources/mypyramidclassroom.html>.

Lesson plans for teachers are available in three levels: Level 1 (grades 1-2); Level 2 (grades 3-4); and Level 3 (grades 5-6). Classroom materials include the following:

- ➔ Teacher's Guide including lesson plans with reproducible worksheets. Also includes: *A Close Look at MyPyramid for Kids*, a step-by-step explanation of the key concepts of the *MyPyramid for Kids* symbol
- ➔ CD with the *MyPyramid Blast Off Game*
- ➔ *MyPyramid for Kids* poster
- ➔ *Tips for Families*
- ➔ Fruit and Vegetable Challenge poster packet (Level 1 only)

CD including the lesson plans, reproducible worksheets, *A Close Look at MyPyramid for Kids*, and *Tips for Families*. [Power Panther songs](#), *MyPyramid for Kids* illustrations, and Go Fish game cards (in [black and white](#) and in [color](#) [PDF])

These materials will be distributed upon request to elementary schools and child care providers.

